

The Structure of Paragraph: Analysis

Studies on flow have demonstrated repeatedly that more than anything else, the quality of life depends on two factors: how we experience work, and our relations with other people. The most detailed information about who we are as individuals comes from those we communicate with, and from the way we accomplish our jobs. Our self is largely defined by what happens in those two contexts, as Freud recognized in his prescription of “love and work” for happiness. The last chapter reviewed some of the flow potentials of work, here we will explore relationships with family and friends, to determine how they can become a source of enjoyable experiences.

Csikszentmihalyi, M. *Flow: The Psychology of Optimal Experience*. New York: Harper Collins Publishers, p. 164.

The topic sentence in the paragraph

- Answers the question: What is the paragraph about?
- Gives the reader the information about the main idea of the paragraph.
- Here it tells the reader that *work and relationships importantly influence our wellbeing*.

The supporting sentences in the paragraph

- Develop the main idea mentioned in the topic sentence.
- Here the first supporting sentence gives the reader more details about the relation between *work* and *relationships* and the individual. The other supporting sentence summarizes the previous one and adds a detail about *Freud* (as a relevant authority).

The concluding sentence in the paragraph

- Summarizes what has been written in the paragraph.
- Here it refers to *both factors (work and relationships)* which influence the quality of life and links the introductory paragraph of the chapter to the previous chapter and also to the following paragraphs.